



Piercings and Tattoos

'I did get my belly-button pierced and it was OK, not too much bleeding...'

There will always be things your parents don't want you to do, if you have a bleeding disorder or not! Some things can be more dangerous if you are affected, like certain sports, or getting a piercing. It just means you need to get some information beforehand so you can make your own choice. Let us know if there are any other big 'no-nos' that are getting to you.

Tattoos and Piercings

For anyone getting a tattoo or piercing, it is really important to think carefully about exactly what you want. Once you have a tattoo, it is there for life. And whilst piercings can close, if you leave them in long enough, they become permanent too.

Tattoos and piercings can both often lead to bleeding and infections. So whether you have mild, moderate or severe haemophilia A or B or von Willebrand's or another bleeding disorder, it is vital that you consider the impact of the bleeding and infection on your health.

Before you go ahead with a tattoo or piercing it is really important that you get in touch with your **Haemophilia Centre**. They will be able answer questions such as:

What do I need to think about to get a tattoo or piercing?

What treatment should I take before and after the tattoo or piercing?

It is also important that you find a safe piercer or tattoo artist who understands your condition and the risks.

Remember, for people with a bleeding disorder, getting a tattoo or piercing is more complicated than it is for other people. That's why it's essential that you talk to your Haemophilia Centre and think about it carefully. **This will save pain and maybe scarring or infection later on.**

If you disagree with any of this stuff why not go to the message board and let us know!